

12 STEPS TO QUIT PORN & MASTURBATION IN THE LIGHT OF ISLAM

Here is a roadmap to help you overcome your addiction of masturbation and pornography consumption in the light of Islam:

1. Recognize the issue: Commit to changing your behaviour by admitting that your addiction to pornography and masturbation is a problem.
2. Create a plan. Establish clear objectives for yourself, such as cutting back on your masturbation and pornographic viewing or quitting completely.
3. Seek support: Look for a community that can help you comprehend and get rid of the root causes of your addiction, such as a religious organization or a therapist.
4. Exercise self-control: Develop self-control by using strategies like mindfulness, meditation, and exercise.
5. Engage in healthy activities: Look for constructive ways to express your emotions and energy, such sports, hobbies, or volunteer work.
6. Ask for forgiveness: Ask Allah for forgiveness through prayer and sincere repentance.
7. Be aware of the consequences: Be aware of the negative consequences of masturbation and pornography consumption, both in this life and in the afterlife, and take steps to avoid them.
8. Seek advice: Seek guidance from professional scholars who have knowledge and experience in dealing with addiction.
9. Consult religious texts: Learn about the Islamic viewpoint on addiction and its treatment by studying religious texts like the Quran and Hadith.
10. Keep yourself busy: Keep yourself engaged in productive activities that will keep your mind off your addiction.
11. Avoid triggers: It's important to recognize and stay away from factors that can lead to masturbation and the consumption of pornography, such as specific websites or apps, certain times of day, or certain feelings and emotions
12. Maintain your faith: Have firm faith and remember that with Allah's help, you can conquer any problem.

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